



# Borough of Freehold

**Mayor Kevin A. Kane**

## **Mayor's Summer Wellness Challenge** **Tons of Fun Healthy Activities**

Join your friends and neighbors this summer at one or all of the many fun, free, healthy activities being planned by the Mayor's Wellness Committee. It's time to shake off the COVID Blues, get out, get moving and have fun. To participate, just show up at any of the following events at the location and time indicated. Mayor Kane is challenging the community to lose 2,000 lbs. together.



**MONDAYS — HEALTHY LITTLE BOOKS** — Freehold Public Library — Stop by our beautiful Library and get your very own FREE "Little Book" complete with healthy tips to use throughout the week. Bring your lunch and enjoy the library courtyard with our librarian. Little Book topics will vary each week.



**TUESDAYS — HEALTHY RECIPE OF THE WEEK** — Pick up your healthy recipe card at a different downtown restaurant each week. Get ingredients from our Farmers' Market and try out your culinary skills. Select demonstrations will be available online. Brought to you in partnership with DowntownFreehold.com



**WEDNESDAYS WALK AROUND TOWN** — meet at 6PM at Borough Hall, 51 West Main Street and enjoy a different leisurely walk around the borough, meet new friends and discover new neighborhoods and our community .



**THURSDAYS — YOGA IN THE PARK** — 6PM, Liberty Street Park — Bring a yoga mat or beach towel and a water bottle and learn all about yoga from a qualified instructor during this introductory class for beginners.



**FRIDAYS — BIKE AROUND FREEHOLD** — 6PM, Borough Hall , 51 West Main Street — Grab your helmet and bicycle and join our crew for a safe and fun ride around the borough, each week you'll head to a different part of the community and enjoy seeing new sights, learning new things and making new friends. (Bike Helmet Required)



**SATURDAYS — RUN WITH MAYOR KANE** — 9AM. Lake Topanemus Park—Meet the Mayor in the main parking lot at Lake Topanemus Park, wear your running shoes and enjoy a nice work out at our spectacular park.

*Plus, Join us for these Special Health Conscious events:*

**GET MOVING! - JULY 10 @10AM, VETERANS' PARK**— A qualified fitness expert will give a motivational talk and lead those assembled in a physical fitness demonstration for all ages and skill levels.

**FREEHOLD BOROUGH DAY AT THE JERSEY SHORE BLUECLAWS— JULY 30** —Enjoy a healthy walk around FirstEnergy Park then join Mayor Kane and Members of the Borough Council and watch the BlueClaws play the Brooklyn Cyclones. Tickets are \$12 each. Gates open at 6PM. Free fireworks show included.

**HEALTHY MIND, BODY AND SPIRIT— JULY 31 @10AM, VETERANS' PARK** — Get ready for an inspirational talk about the importance of mental and spiritual health. All ages welcome.

**OLDE FREEHOLD DAY — AUGUST 14 @ LAKE TOPANEMUS PARK, NOON to 5PM** — Come out and enjoy meeting old friend and new, participate in a fun Scavenger Hunt throughout the park.

**TONS of FUN WRAP-UP PARTY—SEPTEMBER 4, @11AM, LIBERTY STREET PARK** — Come on out and celebrate your new healthy lifestyle with food, music and fun, you'll never look back!



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JULY 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Weight</b> _____				<b>1</b>	<b>2</b>	<b>3</b>
<b>Active Days</b> _____				Yoga in the Park 6:00 PM Liberty St. Park	Bike Around Freehold 6:00 PM	Run with the Mayor 9:00 AM
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Weight</b> _____	Healthy Little Book (Weekly Topics) Library	Healthy Recipe Downtown Freehold & Website	Walk Around Town 6:00 PM Borough Hall	Yoga in the Park 6:00 PM Liberty St. Park	Bike Around Freehold 6:00 PM	GET MOVING! Exercise Demo & Info 10:00 AM Veterans Park
<b>Active Days</b> _____						
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Weight</b> _____	Healthy Little Book (Topics Vary) Library	Healthy Recipe Downtown Freehold & Website	Walk Around Town 6:00 PM Borough Hall	Yoga in the Park 6:00 PM Liberty St. Park	Bike Around Freehold 6:00 PM	Run with the Mayor 9:00 AM
<b>Active Days</b> _____						
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Weight</b> _____	Healthy Little Book (Topics Vary) Library	Healthy Recipe Downtown Freehold & Website	Walk Around Town 6:00 PM Borough Hall	Yoga in the Park 6:00 PM Liberty St. Park	Bike Around Freehold 6:00 PM	Run with the Mayor 9:00 AM
<b>Active Days</b> _____						
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Weight</b> _____	Healthy Little Book (Topics Vary) Library	Healthy Recipe Downtown Freehold & Website	Walk Around Town 6:00 PM Borough Hall	Yoga in the Park 6:00 PM Liberty St. Park	Freehold Borough Night @ Jersey Shore Blue Claws 6:00 PM	Healthy Mind and Soul 10:00 AM Veteran's Park
<b>Active Days</b> _____						



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AUGUST 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Weight_____	2 Healthy Little Book (Topics Vary) Library	3 Healthy Recipe Downtown Freehold & Website I	4 Walk Around Town 6:00 PM Borough Hall	5 Yoga in the Park 6:00 PM Liberty St. Park	6 Bike Around Freehold 6:00 PM	7 Run with the Mayor 9:00 AM
8 Weight_____	9 Healthy Little Book (Topics Vary) Library	10 Healthy Recipe Downtown Freehold & Website	11 Walk Around Town 6:00 PM Borough Hall	12 Yoga in the Park 6:00 PM Liberty St. Park	13 Bike Around Freehold 6:00 PM	14 Scavenger Hunt @ Olde Freehold Day Lake Topanemus
15 Weight_____	16 Healthy Little Book (Topics Vary) Library	17 Healthy Recipe Downtown Freehold & Website	18 Walk Around Town 6:00 PM Borough Hall	19 Yoga in the Park 6:00 PM Liberty St. Park	20 Bike Around Freehold 6:00 PM	21 Run with the Mayor 9:00 AM
22 Weight_____	23 Healthy Little Book (Topics Vary) Library	24 Healthy Recipe Downtown Freehold & Website	25 Walk Around Town 6:00 PM Borough Hall	26 Yoga in the Park 6:00 PM Liberty St. Park	27 Bike Around Freehold 6:00 PM	28 Run with the Mayor 9:00 AM
29 Weight_____	30 Healthy Little Book (Topics Vary) Library	31 Healthy Recipe Downtown Freehold & Website	September 1 Walk Around Town 6:00 PM Borough Hall	September 2 Yoga in the Park 6:00 PM Liberty St. Park	September 3 Bike Around Freehold 6:00 PM	September 4 Ton of Fun Wrap Party 10:00 AM Liberty St. Park